



**For Immediate Release:
Monday, July 9, 2007**

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Delaware Selected to Present Breakthrough Health Care Initiatives at National Governors Association Conference

Dover – The State of Delaware has been selected by the National Governors Association (NGA) to share its successful formula for innovative health care and wellness initiatives with representatives from the other U.S. states during an “Elements in State Health Reform” conference in Los Angeles this week.

Office of Management and Budget Director Jennifer Davis will present information and results from the state’s Health Rewards and DelaWELL programs, which are being viewed as national models for state sponsored wellness initiatives.

“In Delaware, we recognize that controlling health care costs and allocating funds for programs and treatments to help individuals once they become ill is no longer the only answer when it comes to designing comprehensive health care plans,” Director Davis said. “Wellness initiatives help to keep employees healthy and more productive and are an investment in the state’s workforce. In addition, they help drive down the cost of healthcare for the state by reducing the cost of future claims.”

Health Rewards began as a 100 person wellness pilot in 2003. Immediate results included a reduction in hypertension and emergency room visits. The state also saved an estimated \$62,000 as a result. Because of the success of the pilot, the state broadened the scope of the program and the participant pool to include 1,500 state employees. The results included significant reductions in the percentage of body fat, systolic and diastolic blood pressure, total cholesterol and improvements in fitness levels. The Health Rewards program resulted in trended health care savings of approximately \$450,000 for the State.

In April the state launched DelaWELL, which is an evolution of the original pilot program. DelaWELL is a comprehensive wellness initiative open to 40,000 eligible state employees enrolled in one of the state's group health plans. DelaWELL starts off with a confidential health risk assessment, followed by personalized lifestyle and disease management tools including wellness coaches and online resources including information on living with chronic conditions, a drug reference guide and health information designed specifically for men, women, children, older adults and pregnant women.

"I want to thank Governor Minner for her continued leadership in creating and supporting innovative health care initiatives and also for the support of the State Employee Benefits Committee," Director Davis said.

Copies of Director Davis' presentation will be available to the media.